

SustainVU
Growing Responsibly

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VANDERBILT  UNIVERSITY

UnBEElievable at Shelby Bottoms Nature Center – July 2

Learn what it takes for bees to produce honey, and how you can make bee boxes for your own back yard! The Shelby Bottoms Nature Center is hosting this event from 2-3pm which will include an exhibit with bee suits, bee boxes, tastings of local honey, and information on how bees help the environment. Read more [here](#).

Engage Green: Tiny Home, Big Impact! – July 6

Join [Team Green Adventures](#) and [Urban Green Lab](#) each month as they discover the organizations, businesses, and government

Summer is officially here, and with it comes hot temperatures! Declare your independence from high energy use this 4th of July by using some easy energy saving tips included below. Remember to adjust your thermostat to a little warmer office temperature (76°F-78°F), close blinds and curtains in the hottest part of the day, and turn off lights when you leave a room or before you leave for a vacation to help campus use less energy. Summer also means delicious produce from local farmers markets, but don't forget the important food safety guidelines below while you are shopping and storing your local food finds! Vanderbilt's power plant conversion was featured in NACUBO's recent edition of Business Officer Magazine – check it out! Additional information about the stories and events included in this newsletter are available on the [SustainVU website](#) and [Facebook](#) page. Happy Independence Day and stay cool this July!

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agencies setting the trends for a more sustainable Nashville. This month, the group will be touring Nashville's smallest home, the [Music City Tiny House!](#) The workshop will feature a discussion on tiny homes and how they fit into the larger picture of sustainable urban development, and will give everyone the chance to walk through the home and ask questions! Read more [here](#).

Nashville PARK(ing) Day – July 6

[PARK\(ing\) Day](#) is an annual global event where citizens, artists and activists collaborate to temporarily transform metered parking spaces into "PARK(ing)" spaces: temporary public places. The project began in 2005 when Rebar, a San Francisco art and design studio, converted a single metered parking space into a temporary public park in downtown San Francisco. Since 2005, PARK(ing) Day has evolved into a global movement, with organizations and individuals creating new forms of temporary public space in urban contexts around the world. Read more [here](#).

Vanderbilt Farmers Market – July 7, 14, 21, 28

The Nashville Farmers' Market will be held every Thursday from 2-5 pm through Oct. 27. After a one-year temporary move to a site on Medical Center Drive due to construction, the market returns to its traditional home on the Medical Center plaza. Read more [here](#).



Power down before you leave for the holiday

Let the fireworks be the only thing lighting up the sky this holiday weekend! Please remember to power down before you leave the office or your home



for any extended period this summer, especially with these high temperatures. Your reductions in energy use can have a large impact when aggregated across the entire university. Here are some things you can do to help conserve energy while you are away:

- **Set thermostat settings to 76-78 degrees F.** Remember to also adjust thermostats in classrooms unoccupied during the summer.
- **Close window shades or blinds** during the hottest part of the day, or when you leave for the holiday, to keep heat out and cool air in.
- **Turn off lights in your workspace** when you leave, even if only for a short period of time. Turning off your lights will save energy if you are gone for more than 30 seconds.
- **Turn off lights to common areas** such as kitchens, bathrooms, break rooms, classrooms and conference rooms when you leave and especially before leaving for the holiday. Many of these spaces sit empty frequently.
- **Turn off office or lab equipment.** If allowed in your area, computers, printers, copiers, scanners, and some lab equipment can be turned off when you leave for the holiday (or at the end of your work shift if they will not be used again for several hours). Otherwise, activate sleep modes and energy-saving settings. Instructions for modifying power settings can be found on the [SustainVU Energy Saving Tips](#)
- **In laboratory spaces, close fume hood sashes when not in use,** or when the lab is closed over the holiday. A single fume hood running 24 hours can use the same amount of energy as a single-family home in a year.

NACUBO highlights Vanderbilt's coal-free conversion in recent edition of Business Officer Magazine

Water Fest – July 10

Waterfest is a free, one-day family festival hosted by Cumberland River Compact on Sunday, July 10 from 1-4pm. The goal of Waterfest is to raise awareness about the importance of water quality in our watershed through fun and engaging environmental-based activities suitable for the entire family. [Cumberland River Compact](#) believes environmental awareness is an important element of community knowledge and contributes to environmentally friendly and healthy behaviors later in life. Read more [here](#).

World Population Day – July 11

This year's World Population Day slogan is "Investing in Young People" and explores the role of youth empowerment in our ever-growing world and focuses on the challenges and opportunities involved in sustainability and urbanization. Learn more [here](#) and check out the U.S. and World population clocks [here](#).

Percy Priest Island Float Cleanup – July 16

[Team Green Adventures](#) is partnering up with the [U.S. Army Corps of Engineers](#) for a unique cleanup adventure on Percy Priest Lake. The group will paddle out to one of nearby islands on Percy Priest Lake and spend a few hours picking up litter. Islands become congested with trash when campers or day visitors leave items behind, when heavy rain creates storm water runoff which



The National Association for College and University Business Officers ([NACUBO](#)) recently featured Vanderbilt's coal-free conversion of the power plant in the May 2016 edition as bonus material to a larger overview cover story entitled "[Resource Reshuffle](#)". An excerpt of the

story is below.

Coal Free Conversion

Vanderbilt University, Nashville, burned its final truckload of coal in November 2014, ending 126 years of continuous coal use on campus. As of October 2015, the university has been fully operational with its conversion to a 100-percent natural gas cogeneration system. It uses diesel fuel as backup, primarily for the university's medical center, explains Mark Petty, Vanderbilt's associate vice chancellor for plant operations.

According to Petty, the transition began about eight years ago during informal discussions with the university's chancellor and chief business officer about current and future energy costs and modernization of Vanderbilt's physical plant. While the inefficiencies of its 30-year plant were a huge factor, as for many campuses, an increased focus on sustainability efforts by Vanderbilt's faculty and student body also contributed to the switch.

While Petty suggests it is too soon to quantify actual savings based on projections from the initial engineering studies in 2012, the original eight-year payback projected when gas was \$4 per dekatherm has likely been reduced to about a five-year payback based on current rates of nearly half that cost, notes Petty. He also expects to see significant greenhouse gas reductions. "When we conduct our next emissions survey, we expect a dramatic decline—perhaps as much as 40 percent—and a substantial decrease in particulate matter as well, likely by more than 50 percent." Read the full story [here](#).

Put food safety first at farmers markets

deposits litter from miles away, and when recreational boaters overturn. Read more [here](#).

Grow Your Own Pizza at Richland Park – July 16

What does it take to plant, care for and harvest vegetables to make a pizza? Learn how farmers and backyard gardeners grow the food we eat! This hands-on event coincides with the Richland Park Farmers Market and is presented by [Friends of the Library](#). Read more [here](#).

Nutrition Workshop: Vegetarian Cooking – July 20

You don't have to sacrifice flavor and heartiness when making an all-vegetarian meal. This month's [Team Green Adventures](#) workshop is designed to support you in eating more vegetables, whether you are an omnivore or already a vegetarian. Join Integrative Nutrition Health Coach Amber Robertson with Bliss Holistic for an interactive discussion and cooking demo that will get you excited about eating more veggies. Read more [here](#).

Little Harpeth River Bank Cleanup – July 24

The Little Harpeth River is a 16 mile long tributary that feeds into the Cumberland River, rising in Williamson County and winding its way through Edwin Warner Parks before feeding into the Harpeth River. Several sections of the Little Harpeth River see high volumes of

Local farmer's markets are in full swing this time of year! Whether you shop at farmers



markets to support environmentally-friendly, sustainable farm practices, establish positive relationships with local growers and their families, or simply to get out and enjoy your local community, there is something for everyone to love. Julie Jungwirth, MS, RD, LD, CDE and patient services operations manager of Nutrition Services at Vanderbilt University Medical Center, adds that "Farmers markets are great places to purchase fresh foods that are nutrient-rich and locally-grown. As these markets grow in popularity, it is essential to follow some basic guidelines to ensure the food you purchase is safe."

[The United States Department of Health and Human Services](#), in addition to other state extension agencies, offer the following food safety tips:

Beverages & dairy products

- Do not purchase juice, cider, milk, cheese or other dairy products that have not been pasteurized.

Eggs

- Ensure that eggs are stored at 41°F or below.
- Before purchasing, open the carton and make sure the eggs are clean and free of cracks.

Fruits, vegetables & herbs

- Check all fruits and vegetables for bruising and damage. Cuts or holes are common places for bacteria to grow.
- Wash fruits, vegetables and herbs under running water for about 20 seconds prior to preparing or eating to remove bugs, dirt and pesticides.
- Fruits that contain a peel such as melons or bananas should also be washed thoroughly, as bacteria on the outside peel can be transferred inside when peeling or cutting into.

Meat, poultry & seafood

- Ensure that meat, poultry and seafood are properly chilled. They should be refrigerated at 41°F or below or frozen at 0°F or below.
- Bring a cooler/insulated bag that contains ice or ice packs to store meat, poultry and seafood.
- Meat should be stored separately from other purchases so that raw meat juice, which could contain harmful bacteria, does not contaminate other items.

debris due to heavy rains, which later causes flooding and compromised natural habitats. Join Team Green Adventures and [Friends of Warner Parks](#) to clean up a section of the Little Harpeth River. Read more [here](#).

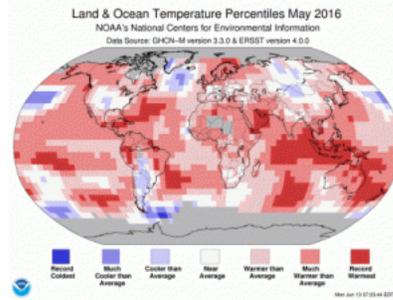
Urban Runoff 5K Registration – Now through August 17

Nashville's Metro Water Services, the Tennessee Department of Environment & Conservation ([TDEC](#)), and the Tennessee Stormwater Association ([TNSA](#)) are teaming up together for the 4th Annual 5k Urban Runoff run in Nashville. This year, the race moves to Shelby Bottoms Greenway and Nature Park to showcase a park setting and weaves its way past several cool and innovative green stormwater management practices. The Urban Runoff will lead into a post-race, family festival from 8-11am. The Festival celebrates clean water and green infrastructure and includes kids' activities, hands-on education, and more! Register online today! Read more [here](#).



Read more tips [here](#).

May 2016 warmest on record



The National Oceanic and Atmospheric Administration ([NOAA](#)) reports that the globally averaged temperature over land and ocean surfaces for May 2016 was the highest for the

month of May in the NOAA global temperature data set record, which dates back to 1880. This marks the 13th consecutive month the monthly global temperature record has been broken, the longest such streak in the 137-year record. The seasonal (March–May) and year-to-date (January–May) global temperatures were also the highest on record. Read the full report [here](#).

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- [Google+ @Vanderbilt SustainVU](#)



For more information on any of these stories, events and more, visit the SustainVU website at www.vanderbilt.edu/sustainvu or contact the Sustainability and Environmental Management Office at sustainvu@vanderbilt.edu or (615) 322-2057.



